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BRONCHITIS,
ASTHMA &c.

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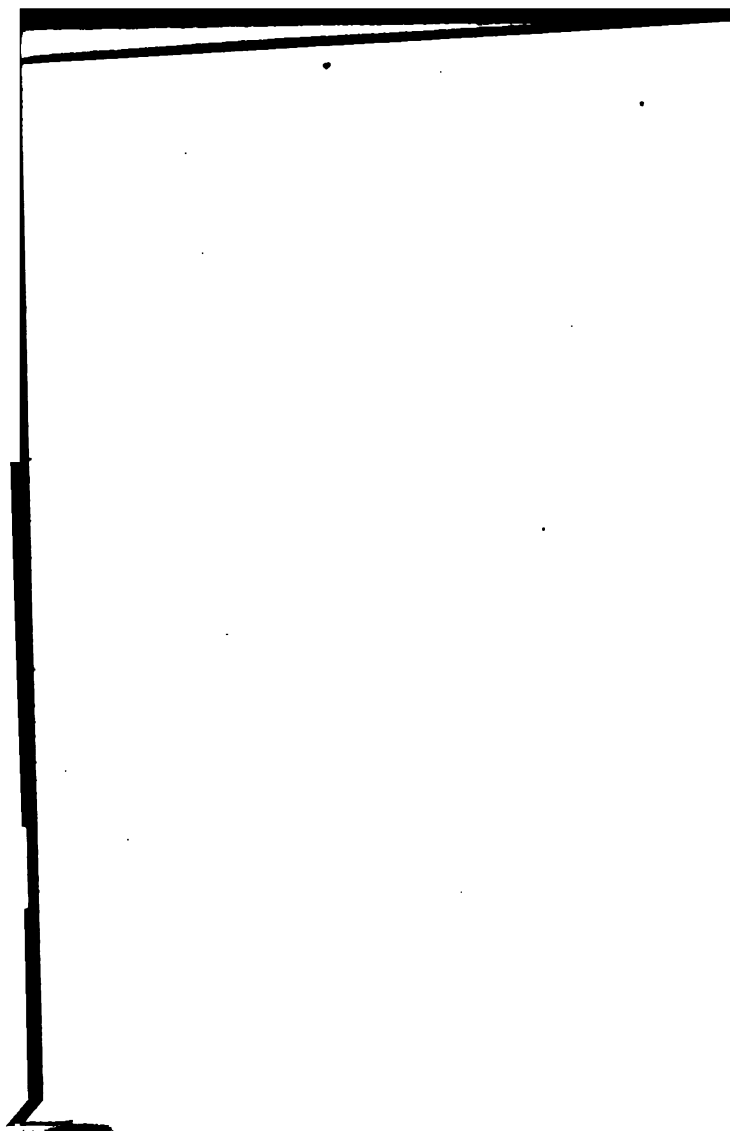
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INFLUENZA, SORE THROAT, AND ASTHMA.

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THE
SUCCESSFUL TREATMENT

OF

INFLUENZA, SORE THROAT, BRONCHITIS,
ASTHMA, PNEUMONIA, &c.

BY

HORATIO GOODDAY, M.R.C.S.

AUTHOR OF THE "WAY TO BE WELL," AND "THE SABBATH
THE FIRST SANITARY AGENT."

LONDON:
HATCHARD & CO., 187, PICCADILLY,
1861.

~~150. c. 6.~~
151. c. 271

PRINTED BY
G. J. PALMER, 32, LITTLE QUEEN STREET,
LINCOLN'S INN FIELDS.



INTRODUCTORY REMARKS.

INFLUENZA, SORE THROAT, BRONCHITIS, ASTHMA, PNEUMONIA, &c.

THIS little work is not offered to the public under the presumption that valuable publications on the same subjects do not abound; but that many persons, to whom larger and more comprehensive books are inaccessible, may know, at a small cost and by a brief outline, what colds really are, and what their successful treatment.

“It is only a cold,” is a common remark? But what is a cold? Nothing more nor less than some derangement of function—some degree of congestion and consequent stiffness, uneasiness or pain, defective exhalation and absorption, secretion and excretion. These deviations from health may be slight and soon pass off; but, too frequently, the nervous energy is lowered, the vital stream is considerably thrown off its balance; the functions of the skin, liver, bowels and kidneys, are altered or partly suspended; and fever, congestive irritation and inflammation of the windpipe, lungs, or other parts, set up.

If the catarrhal symptoms soon go, leaving the chest sound, some ill effects frequently remain; as, defective excretion, imperfect digestion, and loss of strength. This gives rise to some degene-

ration of tissue, and more than usual liability to another, and perhaps more severe, attack.

When a person has ordinary strength, is not too full of blood, and the blood is in a healthy condition, he may receive many a chill and be exposed to much cold without "taking cold."

Skin complaints are a very common result of inattention to "colds."

How are "colds" treated by many persons? Too frequently they are neglected or trifled with, by ipecacuan, squill and opium, instead of being properly met by diffusible stimulants, sudorifics, salines, aperients, counter-irritants, baths, a suitable diet, tonics, or correctives, as the case may require; and the causes removed as much as possible.

N.B.—In the treatment, the numbers of two or three prescriptions, whether for medicine, gargle, or other local applications, are sometimes referred to. This is done to give choice for any particular constitution, and symptom, and the means at hand of obtaining, as soon as possible what may be requisite. Only one, therefore, of each kind is meant to be taken or used at a time.

HORATIO GOODDAY,

76, *Oxford Terrace,*
Hyde Park Gardens, W.

CAUSES OF
INFLUENZA, THROAT, AND CHEST
ATTACKS.

Influenza (epidemic catarrh) depends upon a peculiar condition of the atmosphere.

Common catarrhal colds, whether confined to the nostrils or extending to the bronchi and lungs, and many attacks of the throat and chest, not associated with common or epidemic catarrh—as inflammation of the tonsils, fauces, pharynx, trachea (croup), bronchi, lungs, and pleura, are induced by sudden vicissitudes of temperature, currents of cold air, cold and damp localities, cold and damp weather, damp beds, damp linen, and wet feet when not in active exercise.

All these complaints, however, vary in severity, danger, and duration, with the constitution and co-operating agents ; as, existing organic disease, debility, a full habit of body, unhealthy blood whether from defective action of the liver, bowels, skin and kidneys, unwholesome food, imperfect

digestion and assimilation ; especially the state of the air of the dwelling. Malaria, from bad ventilation, defective house drains, or putrid organic substances, is the chief cause of a great variety of complaints, and it aggravates and complicates all that it does not directly induce.

The frame is particularly susceptible of a chill, when the nervous energy and pulse are lowered by hot foul air, late hours, and crowded rooms.

Very often the entering hot rooms or standing over large fires when the temperature and vitality of the surface of the body, nose, throat, and upper part of the windpipe, are lowered by a chilling atmosphere, is followed by a severe cold. Reaction in the chilled mucous surface occurs by such warmth, before the ordinary vitality and power of resistance are restored. The result is congestion and inflammation. Chilblains and mortification take place in this way.

The abuse of blue pill, grey powder and calomel predisposes to bad colds.

To the above causes of throat and chest attacks we must add—long continued or excessive exertion of the voice ; gout ; inhaling air loaded with acrid fumes, dust or particles of matter, as in certain trades ; the specific miasm of contagious diseases, as, hooping cough, measles, scarlet fever, *small pox*, and malignant fevers generally.

The immediate causes of that peculiar and troublesome affection, **ASTHMA**, appear to be, suppressed or interrupted nervous influence of the respiratory organs, on the one hand; congestive irritation and spasmodic constriction of the bronchi, and more or less congestion of the lung tissue, on the other.

The predisposing causes are, hereditary peculiarity, a nervous and excitable constitution, a sensitive state of the air passages, chronic dyspepsia, errors in the blood from defective excretion, other agencies lowering to the vital power and injurious to health.

The exciting causes are, rheumatism; gout; transfer of cutaneous eruptions; excessive or indigestible meals; particles of glass, metal, ipecacuan; common smoke, or any irritating vapour or substance inhaled with the air; fatigue, anger, harass, sudden fear; malaria, damp, and other conditions of the atmosphere and locality; and other circumstances which depress or interrupt the nervous energy, and induce congestive irritation of the air passages and lungs.

Rheumatism of the respiratory organs is certainly one of the frequent causes of the more strictly spasmodic variety of the asthmatic paroxysm. Catarrhal asthma also depends much upon rheumatism as well as upon errors in the

blood, defective excretion, improper diet, and an unhealthy state of the digestive organs.

Asthma may or may not be associated with malformation, emphysema, or other organic change.

Looking at the causes of chest attacks, it is clear that the success of medical treatment, as well as the way to avoid and have those attacks as slightly as possible, will be in proportion to the attention to God's laws in relation to pure air, temperature, humidity, cleanliness, exercise, rest, diet, excretion, and mental control. A concise statement of these laws will be found in the Author's work—"The Way to be Well."

But we must here observe that, however necessary fresh air is in health, it is still more so in debility and sickness.

The temperature of the room ought not to be raised above 60° Fahrenheit, in highly inflammatory attacks; nor above 66° in congestive inflammation with debility.

Warmth should always be promoted by sufficient clothing and proper diet, (and, if possible, by exercise,) in preference to raising the heat of the room above 66°.

Sitting over a hot fire, commonly induces and increases dryness, congestion and irritation of the *throat and windpipe*.

Hot air lessens the activity of the vital changes of the blood, and consequently the production of natural heat in the body.

A warm, soft, and humid atmosphere, in a southern, western, or south-western aspect, is best for a dry and irritable state of the air passages, or cough with difficult and scanty expectoration, and for any high febrile and inflammatory symptoms.

A warm, soft, and comparatively dry air is generally required for a feeble circulation and respiration, atonic gout, atonic rheumatism, cough with free expectoration and debility.

A moderately cool dry air is a good temporary tonic for excessive expectoration, where there is no inflammation, but sufficient strength and circulation to meet it.

Air too dry for an irritable windpipe may be remedied by the gradual evaporation of water.

General cleanliness is even more imperative in sickness than in health.

DIET.

In high febrile and inflammatory attacks little or no gastric juice is secreted, and consequently appetite fails. Solid food forced down the throat under such circumstances irritates the stomach,

and aggravates the symptoms. The refreshment in these cases must, therefore, mainly consist of drinks, as—water, soda or seltzer water, milk and water, barley water, lemonade; sometimes acidulous fruits. We cannot be too particular in inflammations of the chest.

As fever subsides, there is a demand for something more nutritious, as—beef tea; mutton, veal, or chicken broth; farinaceous and milk puddings; light vegetables; until, by degrees, we arrive at the ordinary diet.

If the VITAL POWER is not well supported and waste repaired, as fever and inflammation subside, the case becomes chronic, and perhaps serious.

Many chronic coughs are removed and prevented, and consumption also, by a generous diet in due time; and more speedily, if it be in conjunction with bark tonics and counter-irritation.

INFLUENZA AND COMMON CATARRHAL COLDS

VARY in extent, degree and complication, more than any other complaint. Although sometimes confined to the head and disappearing in a few days without more than ordinary care, they more often extend to some parts of the windpipe, and frequently to the substance of the lungs and pleura; giving rise to various degrees of inflammation of the Larynx, Bronchi, Trachea (croup), Lungs and Pleura, and occasionally to Asthma. Sometimes they are complicated with chronic disease of the heart, or inflammation of the pericardium. This is not all, very commonly from their commencement, they are associated with derangement of some of the abdominal viscera; viz., the stomach, liver, intestines, kidneys, bladder, and uterus. This is more particularly seen

in Influenza, and when the air of the dwelling is tainted by bad drains, putrid organic substances, want of cleanliness and ventilation.

Sometimes there is a sudden transfer of morbid action from the chest to the head, inducing high nervous excitement or delirium; and *vice versa*, from the head to the chest. Nervous excitement and delirium often speedily disappear upon the supervention of some bronchial affections.

COMMON CATARRHAL COLDS

Are characterized by the following symptoms, more or less, according to the severity and extent of the attack;—chilliness and rigors followed by fever; pain and a sense of fulness in the head; a feeling of weight or uneasiness across the forehead; dryness, fulness, and stuffiness of the nose, followed by repeated sneezing and an acrid watery discharge from the nostrils; redness and watering of the eyes; hoarseness or loss of voice; soreness of the throat; soreness or pain in some part of the windpipe, increased by coughing; hurried, oppressed or impeded respiration; rheumatic pains about the neck, back, and limbs; cough, at first frequent, dry, short and tickling, but after a time moist and not so frequent, sometimes spasmodic; loss of appetite; bowels generally inactive; but occasionally relaxed; urine turbid, *sometimes* passed frequently and with distress.

INFLUENZA OR EPIDEMIC CATARRH

More particularly differs from common catarrhal colds, in the sudden and very great prostration of strength, both of mind and body, with which it commences; the greater severity of headache and pains in the back and limbs; the remarkable tenderness across the pit of the stomach and margin of the ribs, and sometimes over the whole abdomen; the fever being of an asthenic, low nervous, or aguish character; and very often the spirits much depressed. The pulse is usually weak and quickened; very often irregular. The tongue is generally furred and moist, but sometimes dry and brown. Frequent micturition and pain in the bladder when the water has passed (owing to congestive irritation of the organ) is much oftener experienced in influenza than in common catarrh. Delirium occasionally occurs in weak and sensitive constitutions, especially if the diet be insufficient. The inflammatory congestion of the throat and air tubes also comes on more quickly in influenza, and bronchitis, pneumonia, pleurisy, are more often complicated with it.

Influenza, owing to the constitution, locality and season, is occasionally very mild and hardly to be distinguished from slight cases of common catarrh.

Those persons who ordinarily have no use for a pocket-handkerchief, except "as a duster," may have no catarrhal symptoms when attacked by influenza malaria; but they experience debility, great discomfort about the head, bad appetite, low spirits, defective secretion and excretion.

TREATMENT OF COMMON CATARRH.

To excite cutaneous perspiration at night, by hot water to the feet, hot gruel and other diluents, a warm bed with plenty of blankets; and warm clothing in the day time, flannels next the skin; are usually sufficient in milder cases, the appetite and strength being good. But delicate persons generally require also some permeating stimulants, as sal volatile and water, or mixture 5, three or four times a day, to promote an even circulation. Should there be loss of appetite and febrile action, the reviving saline mixture 6, or an ammoniated effervescing saline, will be more suitable.

Severe cases accompanied with headache, cough, sore throat, febrile action, defective excretion of the kidneys and bowels, should be met at once by saline aperients, 50, and saline sudorifics, 20, 21. These means are to be continued until the fever subsides. If the patient is a bilious subject or the fever runs very high, pill No. 40 may be taken two hours before the aperient draught.

Cough mixtures, 22, 23, may be useful to allay cough if frequent and troublesome, but they must not take the place of the requisite saline sudorifics. The inhalation of hot water steam is also a good auxiliary.

The treatment of cough depending upon inflammation of any part of the windpipe or lungs is stated in its proper place.

Local means for sore throat, see the chapter on that subject.

When the febrile symptoms have subsided, still pay attention to the digestive and excreting organs. For loss of appetite, bad digestion, thick and high coloured urine, depositing a red sediment, a torpid and unhealthy state of the bowels, take mixture 8 twice a day, and pill 41, or 42 alternate nights. But if the urine be in excess and pale or turbid and plentiful with a whitish sediment, mixture 9, 11, or 12 twice a day, and pill 42, or 43) when requisite.

Common catarrhal colds very often become chronic and intermitting without sufficient quinine or tonics of chinchona bark; and this occurs especially when there is a want of good food, ventilation and fresh air.

N.B.—Warm baths are of much service at the commencement of colds, before getting into a warm bed; provided there is no heart or other

affection against them. When there is a general chilliness, the temperature may be raised to 106° Fahrenheit, and five minutes is long enough to remain in; but during reaction not higher than 98°.

TREATMENT OF INFLUENZA.

A vigilant eye must be kept on the strength, because in severe cases the vital power is much depressed, and there is consequently a tendency to congestions of the lungs and brain, symptoms of great danger. Elderly persons and others with a feeble circulation may be quickly taken off in this way.

It is therefore necessary to rouse flagging power without delay according to the urgency of the case, by spiced wine and hot water, brandy or gin and water, hot beef tea, gravy soup, gruel, the reviving mixture 14, hot fomentations, mustard or other stimulating applications over the chest and back.

When reaction supervenes, treat the febrile symptoms much in the same way as in common catarrh, by a saline sudorific 17, 20, or 21, or citrate of potass and ammonia in effervescence, an aperient, 40, 42, 50, 51, according to circumstances; and a due course of tonics.

The cough of influenza is sometimes very

troublesome. It may be quieted with a little morphia, Battley's sedative, paregoric elixir, laudanum henbane or lettuce, added to the sudorific, or taken separately, as mixture 23. Also by inhaling plain or medicated steam 66, and counter-irritation.

Counter-irritation is of great service in all chest affections, particularly if they be of a rheumatic character (often the case). For this purpose we may use wet mustard, embrocation, 70, 71, 72, or paint the back and chest alternately with 73. This latter is most efficacious in troublesome cases.

The local treatment of sore throat accompanying influenza, see the chapter on that subject.

In many cases, some preparation of bark may be advantageously joined to all the medicines, whether saline, aperient, diaphoretic, or more directly tonic, as in prescriptions 11, 12, 13, 14, 15, 16, 17. Some cases require tonics of quinine and steel combined, 18; others, steel alone, 19.

"I have not been well since that Influenza." The reasons that give rise to this expression, are various, such as, neglect to restore healthy excretion and to take sufficient tonics of PERUVIAN BARK; inattention to diet, ventilation and exercise. Change of air is sometimes the best restorative.

SORE THROAT.

Sore throat which accompanies influenza and common catarrhal colds, is either congestive irritation or inflammation, most commonly the former. It is sometimes partial; but more often otherwise, involving the mucous membrane of the fauces, tonsils, palate, uvula, pharynx, and extending more or less into the larynx.

When the irritation of sore throat extends to epiglottis and glottis, there is a short, frequent, harassing and more or less spasmodic cough, until a free secretion of mucus takes place.

If the eustachean tubes become inflamed and swollen, and air is thus prevented passing through them to the inner side of the drum of the ear, more or less pain in the organ of hearing and deafness result.

Congestive irritation or inflammation of the parts last mentioned with fever but without catarrh is of common occurrence and sometimes epidemic.

Inflammation of the tonsils in connexion with that of the general mucous membrane of the throat is also very common and sometimes epidemic. Suppuration is a frequent result, and takes place in a few days in some constitutions

When these cases are severe, and suppuration is going on, there is considerable fever; the tongue is very furred and usually red at the edges, and cannot be protruded from the mouth; swallowing is painful and difficult, if not quite stopt; the saliva and mucus not swallowed are rejected with difficulty or dribble away; the mouth can be but partly opened; and the speech is very indistinct and guttural.

Fever, inflammation of the tonsils, (especially if attended with ulceration,) and a scarlet rash on the skin, at the same time, are the prominent symptoms of scarlet fever. All eruptive fevers, however, are attended with some amount of congestive sore throat.

The "Clergyman's sore throat," or that to which some persons who speak much in public are liable, consists in chronic enlargement of the tonsils, elongation of the uvula, relaxation, congestion, irritation, and thickening of the mucous membrane and subjacent cellular tissue of the fauces and other parts of the throat, also of the larynx. Sometimes the throat looks like a rough piece of raw beef. The supervention of influenza or common catarrh may so aggravate all the symptoms as to prevent the sufferer doing his duty a long time.

Very often the uvula, pendulous palate and

whole fauces are relaxed, swollen, and very sensitive. In some of these cases the parts are remarkably pale, particularly the uvula, and this is sometimes so elongated as to touch and irritate the epiglottis; causing a tickling cough, hawking, and retching. A weak stomach and want of general power give a predisposition to keep up this and the last variety.

Sometimes congestive irritation or inflammation is mainly in the pharynx or back part of the throat, and in the upper part of the œsophagus causing pain and difficulty in swallowing: when these parts are much inflamed, food, in the effort to swallow it, is ejected by the nostrils.

The pharynx of many dyspeptics exhibits different colours at the same time, as red streaks, pale red and dull white or dark patches.

Erysipelas of the mouth and throat is often attendant upon general derangement of the system, as well as upon specific fevers, and should be carefully watched, especially in advanced life.

Ulceration occurs with almost any degree of inflammation in some constitutions. It may be chronic or otherwise. It is often considerable and alarming when the living power and nervous energy are much prostrated, as in malignant cases of measles and small pox, scarlet and typhus fever. Sometimes ulceration with erysipelatous

inflammation of the throat is epidemic with influenza.

THE TREATMENT OF SORE THROAT

Is both constitutional and local: much depends upon the former, whether in a recent or chronic case.

LOCAL.—In catarrhal and severe inflammatory cases generally, inhale the steam of hot water or decoction of poppies and camomiles, and use gargle 60, or 61. If the throat externally is tender to the touch, foment the neck all round with hot water, apply a little sweet oil and cover it up with wool, flannel, or silk. When the skin is not tender, apply a mustard poultice, embrocation, 70, 71, 72, or a turpentine epithem.

In relaxed sore throat, use gargle, 61, 62, or solid nitrate of silver, or the application 63, or 64, by means of a sponge, lint, or camel's hair brush, internally; and embrocation, 70, 71, 72, all round the neck. The application of a weak solution of iodine, 65, internally, and the embrocation 73, externally, are also capital agents in throat cases, unattended with much fever, especially in thickening of the mucous membrane and enlargement of the tonsils.

“The Clergyman's throat.” When associated

with a recent cold, and much inflamed, inhale plain or medicated steam, 66, and use gargle 60, or 61. When chronic and relaxed but not much inflamed, gargle 62, or application 63, 64, 65 by brush, or solid nitrate of silver. Embrocation 70, or 72, round the neck.

In erysipelas (erythema) of the mouth and throat, gargle 60, 61, or application 63, 64; steam.

When the pharynx is mainly the seat of congestion, associated with indigestion, gargle 60, 61, or application 63, 64.

In ulceration of the throat, gargle 61, 62, solid nitrate of silver, or a solution of it, 63, or application, 64, used by a brush. When the throat is very sore the inhalation of steam also, and hot fomentations externally if the skin is tender. Embrocation 70, or mustard if the skin is not tender.

CONSTITUTIONAL.—In active fever, commence with saline purgatives, 50, 51, 52, and saline sudorifics, 20, 21. If much headache and biliary derangement, pill 40. For correctives of excretion after fever has subsided, and tonics, see the treatment of influenza and common catarrh, page 13, 14. Bark is generally requisite to regain strength in throat cases.

In relaxed sore throat with slight febrile ac

tion, mixture 15, 20, pill 42, 43, followed by the digestive mixture 8, or bark tonics, 12, 14.

In "the Clergyman's throat" complaint, and relaxed sensitive, chronic affections of the throat generally, the constitutional power, the digestive and excreting organs are main points for attention.

If indigestion, acidity, urine scanty and high coloured, or depositing a red sediment, torpid bowels, mixture 8 and pill 42, 43. If indigestion with pain in stomach and rising of water in the mouth after and between meals, 8A. If chronic irritation and heat of the mucous membrane of the stomach with tenderness on pressure externally, use counter irritation over the pit of the stomach, and take effervescing citrate of potass or mixture 25. When the throat affection is kept up mainly from general debility, one of the tonics from 10 to 16 will most likely meet the case.

In scarlatina or any specific complaint, the general treatment must be accordingly.

DIPHTHERIA (*Διφθερα a pellicle.*)

Is a particular kind of inflammation of the throat and mouth, of a deep red colour, accompanied by an exudation of a material which forms a pellicle or adventitious coating upon the part. The inflammation and exudation sometimes extends down the œsophagus to the stomach, or down the air passages.

The exudation may commence on the pillars of the fauces, tonsils, velum palati, posterior nares or pharynx. It appears first in spots or patches; these enlarge and coalesce. Its colour may be buff, grey or brown.

Diphtheria, as it has appeared in this country, is of an asthenic character, accompanied by low or malignant fever. It is this variety which is epidemic, or occurs in bad air or general debility. The exudation breaks up, decomposes, and makes the breath very offensive.

The danger and mortality of diphtheria arise from exhaustion of vital power, and the mechanical obstruction in the air passages, separately or conjointly.

Loss of appetite, vomiting, swelling of the tonsils and glands about the neck, stiffness, soreness and pain in the neck and throat, are amongst the early symptoms of this complaint. As the

case advances, swallowing becomes more difficult, and food is sometimes ejected from the mouth and nostrils in the attempt to swallow it. These symptoms, however, often incur independently of diphtheria; but whether or not associated with that disease, they require timely attention, instead of being so often neglected, under the idea—"It's only a cold."

TREATMENT OF DIPHTHERIA.

In the epidemic or asthenic form, the vital power must be supported from the commencement by wine and beef tea every three or four hours, and brandy in addition, if requisite.

The medicines most suited to low febrile action and the support of strength are citrate of ammonia with excess of ammonia and camphor; or bark and mineral acids; or muriate of iron and quinine; aloetics are best when aperients are required.

To use mercury might be fatal.

The best internal applications to the throat are diluted nitric acid and nitrate of silver, together or separately. The best external remedy is tincture of iodine all round the neck, as a counter-irritant and stimulus to healthy action; and wet mustard, acetic acid or hartshorn, all down the back to excite the nervous energy, prevent and remove congestion of the spinal cord.

INFLAMMATION OF THE LARYNX.

The LARYNX is the upper part of the windpipe forming the anterior prominence of the throat. It is the organ of voice.

CATARRHAL LARYNGITIS is the milder form. The symptoms are, soreness increased on speaking or pressure, hoarseness or loss of voice and cough. By neglect it may become chronic, causing thickening of the mucous and submucous tissue, a prolonged inspiration with a somewhat hissing sound, perhaps permanent alteration of voice, ulceration; or it may pass into the acute form fraught with danger.

ACUTE LARYNGITIS, by no means frequent, is marked by inflammatory fever, pain, and a sense of tightness in the larynx increased by pressure and swallowing, hoarseness, difficulty of breathing, cough, hawking, spitting up tough adhesive mucus, spasmodic exacerbations of the symptoms causing a painful sense of suffocation. The fauces are red, and when the tongue is pressed downwards and forwards, the epiglottis may be seen erect, inflamed and swollen. If these symptoms are not stopt, the respiration, from increased swelling of the part, becomes laborious and prolonged with a somewhat hissing sound, *the voice whispering* or lost, the countenance

pale and anxious, with expanded nostrils and livid lips, intimating great danger.

TREATMENT OF LARYNGITIS.

CATARRHAL.—The inhalation of plain steam, the application of hot bran poultices or hot wet flannels all round the neck, and the embrocation 70 or 71, when the fomentations are removed; together with aperients, saline sudorifics, and tonics, as advised in influenza and common catarrh, are generally sufficient. If mustard be applied, let it be on the top of the chest or back. Should the attack incline to be chronic, have recourse to the embrocation 73; or if the skin is very sensitive, to the ointment 74 spread on lint.

CHRONIC LARYNGITIS, when not a part of consumption, is most speedily removed by the external application 73 or 74, used daily over the throat and back of the neck, unless the skin becomes tender; inhaling the steam of hot water containing a few grains of iodine; and attention to the general strength by attention to clothing, ventilation, diet, digestion, and excretion. Preparations of Peruvian bark with mineral acids or sal volatile are the best tonics, and rhubarb and watery aloes the best aperient. Prescriptions 22, 23, 24, are good occasional medicines for cough.

and soothing for the night. If these measures fail, the patient must have a change of air. A soft atmosphere is generally best for such attacks.

Chronic Laryngitis, associated with affections of the palate, fauces, and pharynx, is benefited by local remedies, suited and applied to the latter, the mucous membrane being continuous.

ACUTE LARYNGITIS requires, without delay, leeches to the throat, and cupping on the back of the neck and between the shoulders, or bleeding from the arm; calomel with antimony and opium; active saline purgatives and antimonial sudorifics, inhalation of steam, hot fomentations all round the neck, painting with iodine on the top of the chest and between the shoulders, or a blister on one of these places, but not on the larynx itself on account of its sensitiveness. When the acute symptoms have subsided, weak iodine and opium ointment on lint, is one of the best external applications to the throat. If the symptoms do not satisfactorily yield in 24 or 30 hours, and danger increases, remove to a soft air without delay, at all hazards. If a child, wrap him in a blanket. If residing in London, let the change be to the south side of it.

CROUPAL COUGH AND CROUP.

CROUPAL COUGH is common in measles, influenza, and common catarrhal colds, arising from different degrees of congestive irritation of the trachea and the adjacent parts of the mucous membrane of the windpipe. It sometimes occurs from deficient mucous secretion of the trachea, without any other apparent symptom of ailment.

TRUE CROUP, TRACHEITIS, is active inflammation of the Trachea, involving the Larynx, and more or less, the Bronchi. It may prove fatal in a few days. Its great characteristic is the formation of a false membrane which impedes or stops respiration.

Some attacks commence with catarrhal symptoms, a short cough, hoarseness, fever, a full and firm pulse. But others have no marked catarrh: and then they begin with heat of skin, and general symptoms of high fever, uneasiness about the throat, a short sonorous cough, and deep intonation of voice. After the child has gone to sleep at night he wakes up with difficult and sibilant breathing, a peculiar barking cough, followed by a long inspiration, a very hot skin, quick and hard pulse, and flushed face. The jugular veins are somewhat tense, the carotid arteries beat to an unusual

degree. The head is thrown back from the pain in the throat and general distress, and the hands are frequently put to the part affected. There is a slight amelioration of symptoms in the morning; but, the complaint advances with increased severity if not prevented, and shortly terminates life, either by suffocation or gradual loss of power.

SPASMODIC CROUP occurs principally in delicate sensitive children, and usually comes on about 10, 11, or 12 o'clock at night, after a sleep. The child wakes up in a state of agitation, with a feeling of uneasiness and tightness about the throat, difficulty of breathing, a sonorous ringing inspiration, and convulsive cough.

The slight attacks go off in about an hour or less, and if they do recur the next night, there is a perfect remission in the day-time. In these cases there is very little congestion of the throat and parts more immediately affected. The pulse is usually weak and quickened, and the temperature of the skin not much, if at all, increased.

The more severe attacks last several hours. Some of these entirely subside towards the morning, to recur towards the next evening. But others have only a slight remission of symptoms for several days, and there is a more marked heat of skin, congestive irritation of the throat, larynx, and trachea.

TREATMENT OF CROUP.

Without promptness, this disease often obtains the mastery. The principal remedies are,—an emetic of antimony and ipecacuan, 35 ; a warm bath ; leeches to the larynx and trachea ; cupping from the nape of the neck and between the shoulders, or bleeding from the arm ; a calomel purgative with antimony, 46 : repeated doses of calomel and James's powder ; an antispasmodic saline, 36, and a blister or embrocation, 73, between the shoulders or on the top of the chest.

One or more of the above modes of blood-letting must be adopted, according to the age and strength, the force of the circulation, and urgency of the case. The neck to be surrounded with a fomentation of warm water after the leeches. The emetic to be taken at the commencement of the attack, either before or after the abstraction of blood ; the purgative when the vomiting has ceased ; the calomel and James's powder in two or three grain doses every two or three hours with the saline until the inflammation subsides. The blister is to be put on when the heat of skin abates. Two teaspoonsful of mixture, 37, helps to throw off the viscid and adhesive expectoration.

CROUPAL COUGH, unattended with much fever

or inflammation, may be removed by the means already prescribed for common catarrh, or those adopted for any particular malady with which it may be associated.

SPASMODIC CROUP.

The slighter cases soon yield to a few drops of sal volatile taken in water, wet mustard or embrocation, 71, over the back, and lancing the gums if requisite. The means to be followed by castor oil or some mild aperient, the reviving and soothing saline, 38; and then a tonic of steel or bark. A light nutritious diet.

The severer cases require means according to the amount of fever, and congestive irritation or inflammation of the windpipe: as—an emetic at the commencement, followed by a calomel and saline purgative, saline sudorifics, 39, fomentation and counter-irritation by hot water round the neck; wet mustard or embrocation, 70, 72, to the back; and in some few cases, two or three leeches to the throat.

If the symptoms do not yield to these means, the place being cold and damp, they will give way to a change to a mild and soft air. Attention to secretion and excretion, and quinine or steel, will recruit the strength.

BRONCHITIS.

THE CATARRHAL FORM generally commences with sore throat, hoarseness, and other catarrhal symptoms. The inflammatory irritation soon extends down the windpipe to the larger bronchi, with more or less tightness, pain, soreness, or oppression across the chest, particularly on coughing, or taking a deep inspiration. The cough at first is dry, but soon attended with a thin mucous expectoration. This discharge, however, in a few days becomes more abundant, more opaque and more dense. Then the tightness and other symptoms of distress become much relieved. The attendant fever is of an intermittent or remittent character. The catarrhal Bronchitis of Influenza often extends to the minute air tubes and cells of the lungs, causing great difficulty of breathing and inability to lie down.

STHENIC ACUTE BRONCHITIS.

That variety which occurs in strong robust constitutions, is characterised by fever, increased towards evening; cough, wheezing, quickness and difficulty of breathing; a sense of oppression, heat, soreness, dull pain in the chest; frequently pain through the chest to the back between the shoulders. The cough, at first, is hard and dry,

or nearly so ; and in the course of the attack, is more or less spasmodic, and quickly brought on by a deep inspiration. The expectoration begins as a clear watery mucus, but becomes white and frothy, viscid, copious, and strongly adherent to the spittoon. The urine is scanty and high coloured. The attacks may commence in the trachea and bronchi, or with sore throat and nasal catarrh. Amongst the first symptoms are, a feeling of cold, headache, loss of appetite, furred tongue, constipated bowels, pain in the back and limbs, tenderness and soreness at the margin of the ribs, and sometimes over the whole abdomen.

Throughout the attack, there is a great sensibility of cold with occasional rigors.

ASTHENIC BRONCHITIS is that variety which occurs in delicate constitutions, or is associated with depressed vital power from malaria of any kind, or other causes. It may occur at any age in different degrees of severity.

It is characterised by wheezing ; quick and oppressed breathing ; dull pain, or a sense of weight and tightness in the chest ; cough, which is excited or aggravated by an attempt to take a deep inspiration, and sometimes spasmodic. In some cases, the skin is feverish day and night ; *the pulse full but not firm* ; and the tongue furred,

dry and brown, with thirst. In others, the surface is cool in the day, and feverish towards and during part of the night, the pulse quick and small, the tongue furred and moist, the extremities more often cold. Asthenic Bronchitis is commonly associated with congestion and inflammation of the lungs. These cases are very fatal to children and aged persons.

In weak children, Asthenic Bronchitis often commences with a barking cough, loss of appetite, and low fever. As the attack advances, the little patient lies powerless, or does not like to leave the nurse's lap; and perhaps declines all food except water or milk and water. The cough is frequently spasmodic, especially when set up by crying; and then it is often followed by a crowing inspiration. As congestion of the lungs becomes superadded, the breathing is very quick, and the wings of the nostrils move actively with the respiration.

CHRONIC BRONCHITIS

Frequently results from neglect of catarrhal colds, and sometimes the acute form. It may also be the sequel to fevers. In some constitutions it recurs every winter, or whenever the weather continues cold and damp. It has, in these cases, obtained the name of "winter cough"—

“habitual cough.” The paroxysms of coughing are most severe in the morning, at or towards evening, and sometimes after every meal. In the milder cases, the breathing is somewhat short and oppressive, with fever towards night. There is rarely pain in the chest, except a fresh cold supervenes. But in the severer attacks there is more or less pain in the chest, considerable difficulty in breathing, and fever towards night, followed by perspiration.

The severity of the attack may depend upon partial inflammation of the lungs and organic change of the air-passages, as well as upon errors in diet, digestion, and excretion, and other constitutional circumstances, and an unhealthy locality and temperature.

The expectoration varies, but it is usually copious; it may be thick, ropy and adhesive; in whitish lumps; thin and frothy; muco-purulent; yellowish or greenish. In the most severe cases, attended with an inflammatory state of the lungs and hectic fever, it is purulent, and streaked or tinged with blood.

Those attacks which occur regularly in cold weather, are generally accompanied by an unhealthy state of the stomach, liver and bowels, weak digestion, emaciation, cold extremities, and much drowsiness.

SENILE CATARRH is chronic bronchitis occurring in advanced life. It is generally attended with great debility, coldness of the surface and extremities, and drowsiness; often with partial pneumonia, and other diseased conditions of the frame.

TREATMENT OF BRONCHITIS.

CATARRHAL BRONCHITIS, the most common variety, is generally soon relieved by a brisk purgative, 50, 52, saline sudorifics, 20, 21, and counter-irritation by mustard or embrocations. The mixture, 23 or 24, may be taken occasionally to allay cough. When the tightness, pain, soreness, oppression, are considerable, a blister is advisable. If, however, inflammatory action extends to the smaller air tubes and cells of the lungs, and does not readily yield to this treatment, it will be requisite to draw blood from the arm, or by cupping, or leeches (if a little child). Continue the treatment as in common catarrh or influenza.

In STHENIC ACUTE BRONCHITIS, bleeding from the arm, calomel, and saline purgatives, are generally required without delay; to be followed by antimonial saline sudorifics, 2, 3. If the inflammatory symptoms still run high, with a hot skin and firm pulse, after the bowels are well relieved, the bleeding must be repeated, and the calomel

continued twice or three times a-day, according to circumstances. Sometimes, instead of a second bleeding, cupping on the back is advisable. In the less severe cases, cupping alone may suffice. When the high inflammatory symptoms subside, apply a blister. After the blister is healed, counter-irritation by mustard, or the embrocations, 72, 73, until the chest has recovered; 73 is preferable if the attack threatens to be chronic. To restore strength and healthy excretion, see the means recommended for those purposes in common catarrh and influenza.

A. B., aged 55, after suffering from Bronchitis several days, and having recourse to tartarized antimony and a large blister, by advice, sent for the author, and said, "I am dying, I cannot breathe." Blood was immediately taken from the arm. She then stated that she could breathe. From this time her recovery commenced, and by the further use of antimony, with the addition of a little calomel and tonics, she advanced to perfect recovery.

C. D., aged 26, had Bronchitis with Measles. He seemed worse from day to day, until he was bled. After the bleeding, with the use of suitable medicines, he went on quite favourably.

E. F., aged 53, (his skin always dry and chippy) *was confined* to his bed with Bronchitis. The tongue

was dry and brown. Bleeding from the arm gave immediate relief, and made the tongue moist at the same time ; and by the use of saline sudorifics, stomachics, and attention to the excretions, he was well in about three weeks.

ASTHENIC BRONCHITIS requires more care and judgment than the sthenic variety ; because it is associated with a want of vital power, and very often with pneumonia and congestion of the lungs ; also, because the smaller air tubes are more frequently the principal seat of the malady.

When the skin is hot and dry, the tongue dry and brown, and the pulse quickened, with pain and difficulty in drawing in the breath, moderate bleeding ought not to be delayed. The blood when drawn, commonly appears highly carbonaceous, and its removal, on that account, gives great relief to the system generally, as well as to the immediate seat of the malady ; and its surface has a buffy coat, but is not so contracted and concave as in sthenic inflammations. Cupping is sometimes requisite as well as bleeding from the arm ; but in some cases the former may do without the latter ; or leeches, if a child.

Bleeding is often delayed until it is too late, or its use is doubtful ; and the patient is thus left in great danger, and obliged to depend upon the possibility of stimulants being of any use.

When a vital organ, like the lungs, is loaded with highly carbonaceous blood and cannot get rid of it and its obstruction to free circulation, and the general power is prostrated and life threatened in consequence, it is commonly advisable, except in extreme exhaustion, to remove the load by bleeding from the arm. Then we may with better effect have recourse to the support of beef tea; chicken, veal or mutton broth; bread and milk, arrowroot, sago, milk and water, barley water; and, in addition to such nutriment, as much hot wine, or spirit and water, as may be necessary.

The medicines suited to these cases are the saline sudorific expectorants, 16, 17, 20. The aperient pills, 41, 42, 44; or, aperient draughts, 50, 51. The inhalation of plain or medicated steam, 66, soothes and promotes expectoration. When expectoration is abundant, all expectorants are worse than useless.

When the case commences with symptoms of extreme exhaustion, it is requisite to begin with wine or other spirituous stimulants, the reviving mixtures, 4, 5, mustard plasters, or very hot fomentations, or turpentine epithems over the chest and back; and when reaction takes place, to have recourse to saline sudorifics, aperients, and other requisite measures.

Counter-irritation by mustard, or embrocations 70, 72, 73, should be persevered in until tightness or pain in the chest, cough and difficulty of breathing, entirely leave; i. e., when more active external agencies are not used.

In the winter, about 4 o'clock A.M., I was requested to attend G. H., aged 80. He was labouring under Bronchitis, with incipient congestion of the lungs, and almost unconscious, for it was requisite to rouse him in order to obtain an answer. The tongue was dry, brown, and rough. The case appeared desperate, but bleeding from the arm changed its aspect at once. In about a month, the patient was well. In two or three months more, his general health and memory were better than for a year or two before the attack. The remedies after the bleeding were a blister, the sudorific expectorant, 16, and tonic, 17A, with occasional aperients. A nutritious diet with wine.

LITTLE CHILDREN labouring under Bronchitis of debility (see page 33), are most successfully treated by the counter-irritation of mustard or iodine tincture on the back, the opening powder, 46, and the antimonial sudorific, 39, soon followed by bark tonics. Children will take the mixture 39, either alone or with milk, when they resist flavoured medicine.

I. J., aged 4, had a sharp attack of Asthenic Bron-

chitis, with low fever ; the case was alarming. Embrocation 74 was applied down the back, and it gave immediate relief. After taking a few doses of calomel, antimony and saline, the danger had passed ; by the further aid of bark tonics, the little patient quite recovered.

K. L. had a similar attack to I. J. The emaciation in a few days was very considerable. But the same treatment had the same happy effect.

Pale delicate children must not be reduced further because they continue to have a wheezing and short breathing. Counter-irritation on the back, beef tea, or such like things, and bark, with sal volatile or mineral acid, are the proper remedies. This mode of treatment is particularly suited to delicate children as the rash of measles or scarlatina disappears.

This was strikingly exemplified in the case of M. N., a little girl laid up with Measles, and thought to be dying, and whom the Author was casually called in to see. The effect was like magic, after a large mustard plaster and some beef tea. Keep out the rash ; support the vital power.

Some cases of asthenic bronchitis, from constitutional debility and peculiarity, and other causes, resist all means however prompt. The blood is poisoned ; the nervous energy is prostrated ; the

lungs, digestive, and other organs are partially paralyzed: there is no power to throw off the malady. This state of things is not always confined to the young and aged.

Sometimes Bronchitis is associated with Diphtheria and low fever. I have now a convalescent case of this kind. The patient is 70 years old. The general treatment was citrate of ammonia, with excess of ammonia and tincture of cardamoms, followed by quinine and muriatic acid. The local treatment—the application of nitrate of silver once a day, and gargle 61; embrocation 72 round the neck, and wet mustard over the back and chest. Diet—beef tea, chicken, and port wine.

CHRONIC BRONCHITIS, WINTER COUGH, HABITUAL COUGH.—The successful treatment of these complaints depend, as much as any, upon counter-irritation, a nutritious but digestible diet, tonics, and proper attention to the digestive and excreting organs, temperature, clothing, and ventilation.

COUNTER-IRRITATION is particularly suited to these cases on account of its rousing the action of the skin, and so lessening the general feeling of cold, whilst it helps to remove morbid action within. Mustard plasters and embrocation 70,

71, or 73, answer this purpose ; but nothing is so effective as 73 properly applied, especially as these attacks are commonly associated with rheumatism.

MEDICINES.—For feverish symptoms and torpid bowels at the commencement of the attack, have recourse to one of the aperients 42, 43, 51, 52, and one of the saline diaphoretics 20, 26, 27. When the fever subsides, the biliary secretion may be still promoted by prescriptions 42, 43, 51, or 52. If the urine is now scanty and high colored, or deposits a red sediment, the mixture 8 will be suitable, and also act as a digestive tonic. If the urine is excessive, pale and thin, mixture 9, 10, 12, will be more appropriate. Much depends upon the condition of the kidneys. As a corrective tonic for a frequent rising of water or food in the mouth, 8A is one of the best. When the malady is associated with Influenza or malaria, bark tonics are essential, 12, 12A, 14. Cough mixture 23A to be taken now and then at night if required.

DIET.—When the pulse and skin are unusually feverish, the food should be mild, consisting of milk and light farinaceous substances ; chicken, veal or mutton broth, beef tea. When the skin

is cool and damp, and there is appetite, and other symptoms demand more stimulating and more solid food, fowl and plainly dressed fresh meat may be added to the above catalogue. When the vital power is much depressed, wine, beer, or other spirituous stimulants are of great service, and must be allowed. Very often, good digestible food and stimulants, which raise the nervous energy, are the best means of getting rid of congestive irritation and cough.

The following cases are not regular winter coughs, but they are placed here as being interesting and instructive. Two of them are of long standing, and unfitted the parties for their employment, and threatened to take away their existence.

M. N., aged 53, when much exhausted and emaciated by Bronchitis of several months' duration, consulted the Author. The cough was very troublesome and the night perspirations excessive. It was stated that "everything had been tried." The remedies now used were mixture, 18A, pills, 42, counter-irritation, by embrocation, 73. In five days there was a marked change for the better, and in five weeks he was well.

O. P., age 51, when much emaciated and exhausted by Bronchitis of six months' duration, came under the

writer's care. The nights were bad, and attended with exhausting perspirations. The medicines now used were similar to 17A; aloetic digestive pills, and, for a short time, embrocation 73. In three days the nights were good. In a week the perspirations entirely ceased. In a month the patient left town, gaining flesh and comparatively well. The diet had not been sufficiently nutritious and stimulating to support the vital power.

Q. R., aged 27, pale and delicate, came under my care after suffering from Bronchitis for a month. There were night perspirations, and considerable bronchial irritation and cough. The treatment was good living, counter-irritation with iodine, bark tonics, and aloetic pills occasionally. He was well in a fortnight.

S. T., aged 12, after being a long time the subject of bronchial irritation and cough, was attacked with Scarlet Fever. The cough continued frequent and troublesome after the inflammation and ulceration of the throat were removed. But in three weeks from this time after the embrocation 73 was used, in conjunction with bark and mineral acid tonics, the patient was perfectly well.

SENILE CATARRH.—These cases commonly require stimulants, as wine or spirit and water, in addition to plenty of good digestible nutriment on account of attendant debility. The apartment

should be warm night and day, but properly ventilated. In other respects, the treatment is that which is laid down under the head chronic bronchitis. The kidneys require special attention to avoid dropsy in the chest.

ASTHMA

Is characterised by paroxysms of laborious breathing with intervals of ordinary respiration. That variety which is more particularly called spasmodic most commonly comes on at night, but may occur at any time of the day. The sufferer wakes with a distressing sense of compression and tightness across the chest. He sits up in bed with the shoulders forward and raised, and the arms resting on the knees. Or he stands up, leaning forward with the arms on the back of a chair or some support. Sometimes he rushes to the window for cool fresh air. The breathing is slow, laborious, and attended with a wheezing or hissing sound; in some severe attacks it is by gasps. The countenance is pale and anxious, but sometimes red, or livid and bloated, and frequently is covered with perspiration. In some cases, there is a "stabbing pain" through the chest from the back. The pulse is usually weak and quickened, but sometimes intermittent or irregular. When the constitution is much debilitated

tated by frequent and severe attacks, palpitation and faintness occur. The cough, during the severity of the paroxysm is slight, somewhat stifled or almost so; but at its close, free and loose. The expectoration is from a frothy to a viscid mucus. The duration of the paroxysm varies, and a difficulty of breathing remains for days, and sometimes weeks, if not stopped.

A paroxysm of catarrhal or humid asthma is more gradual and protracted, and the accompanying prostration of strength greater than in the spasmodic variety; and the attack does not so perfectly subside, nor permit the same freedom of respiration in the daytime. The cough is severe, and the expectoration considerable: hence the name catarrhal.

TREATMENT OF ASTHMA.

Slight attacks of asthmatic breathing are soon removed by the antispasmodic draughts, 30, 31. Mustard plaisters, hot fomentations, stimulating embrocations, 70 or 73, on the back, and digestive aperient, 42, occasionally. Sometimes the restorative effect of the steel draught 18 is immediate.

Severe and long-standing attacks sometimes may be soon cured by counter-irritation, with embrocation, 73, on the back and chest alternately;

mixture, 32 or 33, three times a day; attention to the diet, digestion, and excreting organs; ventilation, the temperature of the room, and clothing. The digestive aperients, 42, 43, 53, are calculated to regulate the bowels.

Nauseants, emetics and calomel, ^{sometimes} when requisite, are objectionable in chronic cases; because they reduce the strength, which in reality wants improving.

The following cases illustrate the success of the above treatment ~~when requisite~~.

Near midnight, the writer was requested to see U. V., then labouring under a paroxysm of Asthma, and thought to be dying. The attack had continued since four o'clock, P.M. It was stated that the attack first came on about ten years previously; that altogether in England, France, and Germany, about one hundred doctors had been consulted; but, that no advice had been called in lately, as the remedies caused nausea and increased debility. The paroxysm was soon relieved by embrocation 73 and mixture, 32. After this treatment was continued several weeks, the patient was able to mount with ease four flights of stairs to his bed-room, instead of walking up two or three steps and then stopping almost breathless as before. He could also follow his mercantile pursuits with activity. When an attack of Influenza Bronchitis came on afterwards, it neither commenced nor ended with Asthma; but soon disappeared under

treatment. This case had much of the catarrhal character.

W. X. put himself under my care after having been a great sufferer from Asthma twelve years. He stated that during three months of one attack he sat up in a chair night and day, and could not lie down; that, latterly, he seldom passed an interval of one week without an attack of ten days or more; and that another was coming. He was very weak and had a distressed countenance. In a few days he returned, and exclaimed, "You have stopped it; I feel better, and have more appetite." About eight days after this he had an attack of Influenza, but the Asthma was not brought on by it, except once slightly for about an hour. When the Influenza subsided he came to town, and called again; there was dyspnoea and dry crepitus throughout the chest, and various sounds peculiar to the complaint, but all disappeared by counter-irritation at my house in ten minutes, and the attack did not return as he anticipated. Three weeks after this, on the weather becoming cold and raw, a slight paroxysm appeared in the night, owing to the counter-irritation not being kept up. On resuming the remedies the complaint was kept off, and the patient continued his occupation with activity and improved health.

Y. Z., a delicate spare person, had an attack of Bronchitis with nightly paroxysms of asthmatic *breathing*. When the attack had lasted a fortnight

and her strength began to fail and cause alarm, I was called in. The principal means used were counter-irritation, 73, and tonics similar to 32. She was well in about a month.

INFLAMMATION OF THE LUNGS (PNEUMONIA)

Commences with a sense of cold and rigors, followed by fever. It is more directly characterised by restlessness, uneasiness, and a feeling of fullness, heat, weight, tightness, and a deep-seated dull pain in the chest; a frequent, short, and suppressed cough, dry at first, but moist afterwards; frequent and short respirations; inability to exhale or inhale to the usual extent; a full and quickened, or full and labouring pulse; evening exacerbations of fever; a furred and sometimes parched tongue; and expectoration, at first a scanty mucus, becoming streaked with bright blood, or intimately mixed with blood of a rusty colour. Headache, although commonly an early symptom, occasionally occurs, with puffiness of the features and lividity of the lips, owing to the difficulty with which the blood passes through the lungs. The urine is mostly scanty, turbid, and high coloured; if connected with inflammation of the liver (a frequent occurrence), it is red, and deposits a pink or purpurate sediment.

The inflammation may be very partial, confined to a part of one lobe; or it may involve the greater part of one or both lungs. When both lungs are affected the patient is disposed to lie on his back; unless, as is often the case, he cannot lie down at all.

A warm and moist skin, copious and easy muco-purulent expectoration, plenty of urine with a sediment on cooling, are favourable symptoms, and mark the subsidence of the inflammation. But when the expectoration becomes deeper and more viscid, the pulse and breathing more frequent and feeble, the tongue dry and brown, and the debility extreme, with delirium supervening, the case has a very serious aspect.

Inflammation of the lungs, when associated with Influenza or any malignant fever, or occurring to persons naturally delicate or enfeebled by age, malaria, or bad food, is of a congestive or asthenic character. In these cases the countenance is often dusky, the pulse weak; the tongue coated with a brown fur, often dry and rough; the skin at first hot and dry, but cold and clammy as the vital power fails; the urine scanty and turbid, sometimes fœtid.

Pneumonia, like other diseases, varies much between the sthenic and asthenic types.

Pneumonia is always a dangerous complaint,

especially the asthenic form and its complications. This latter variety is sometimes fatal in a few days under the best management. A relapse may soon take place.

Danger in all fevers is increased by the super-vention of pneumonia.

Pneumonia is very frequently associated with bronchitis and pleurisy, and is then called broncho-pneumonia, pleuro-pneumonia, pleuro-broncho-pneumonia. It is also often connected with inflammation of the liver. The cough, pain, and respiratory embarrassment, vary with the complications.

PLEURISY

Is marked by acute pain or "stitch" in the side, increased by the muscular action of breathing or coughing; short, hurried, anxious, and suppressed respirations, sometimes suddenly stopped by a darting pain; a short, hard, and dry cough; restlessness; a quick, hard pulse; hot skin; furred tongue; thirst.

TREATMENT OF INFLAMMATION OF THE LUNGS.

The strength of the patient, the severity, complications, and stage of the attack, are points to be observed.

IN STHENIC PNEUMONIA, bleeding from the arm at an early period is our sheet anchor. This must be closely followed by pill, 40, every three or four hours, and the sudorific aperient mixture, 1, two hours after each pill until the bowels are well relieved. Then the mixture, 2, every two or three hours, and pill, 40, with every second dose of the mixture, until the inflammation and heat of skin considerably subside. If, after eight or ten hours, the bowels being well open, the skin remains very hot, with excessive vascular action, frequent cough, great restlessness and embarrassment in breathing, the bleeding must be repeated. Sometimes, especially in pleuro-pneumonia, cupping is preferable to a second blood-letting. A blister should be applied as soon as the heat of skin lessens. Very often counter-irritation on the back by iodine, before the blister rises, affords great relief. When the active symptoms are removed, counter-irritants, sudorifics, and correctives of excretion must be continued a proper time, and followed by tonics.

A., aged 14, had Inflammation of the Lungs. She was almost powerless, very pale, and could hardly breathe. Blood was immediately taken from the arm; and almost before it ceased to flow, she drew in her breath better, and said, "What a relief!" In about *eight hours* she was bled again, with the same effect.

A blister was now put on the chest ; and by the use of calomel, antimony, saline sudorifics and aperients, she was well and about in five weeks.

B. was suffering with Inflammation of the right Lung and Liver. He could not lie down. The expectoration was frothy and intimately mixed with blood of a rusty colour ; a peculiarity in these attacks. On the first visit, the skin being cool and the pulse small, cupping and a blister were adopted, followed immediately by calomel, opium, antimony, and saline sudorifics. The cupping gave direct relief to the pain and breathing. High febrile action followed, and the patient was bled from the arm. From this moment the malady was arrested, and in six weeks the patient was well, and his general health better than it had been during the whole previous year.

In the month of June C was seized with Inflammation of the left Lung, directly after coming to England. The attack was severe. The expectoration was frothy and mixed with rusty colored blood. The patient was bled from the arm, and from the side by leeches and cupping. By the further means of a blister, calomel, and saline antimonial sudorifics, he was able to walk out of the house in three weeks nearly well. In another fortnight he returned to his own country, and, soon after his arrival there, wrote word that his health was better than it had been for a long time.

ASTHENIC OR CONGESTIVE PNEUMONIA,

Like Asthenic Bronchitis, requires more judgment and a more watchful eye than the sthenic form. The majority of these cases demand a moderate use of the lancet or cupping to save life; but such means are often not used at all, or they are delayed too long. The amount of blood may be always limited, and the effects marked during the abstraction. The lancet, taking away highly carbonized and excrementitious blood that burthens the lungs and depresses the nervous energy, immediately abates powerlessness, restlessness, pain, and general distress, and causes the pulse to improve. Moreover after the bleeding there is a better appetite for materials to replace the blood and keep up the vital power.

The requisite medicines are those which tend to equalize the circulation, determine to the skin and support the nervous power, as formulæ 3, 4, as well as those which promote the action of the liver and regulate the bowels, as pill 41, 42, 43, 47, or draughts, 52, 53. Avoid calomel unless the skin is hot.

In all asthenic attacks of the chest, the external agency of very hot fomentations, mustard,

embrocations, 70, 72, 73, is of great use; they rouse the nervous power, help to equalize the blood, and draw the morbid action to the surface.

Sometimes the first requisite thing is to rouse the action of the heart and general circulation, by wine, hot spirit and water, beef tea, ammonia and camphor stimulants.

Chronic pneumonia is often the consequence of discontinuing proper treatment in more active cases before the patient is thoroughly well. After the more urgent symptoms are gone, "business must be attended to"—"I must go to my office." Too frequently, however, poverty and an unhealthy dwelling are the main causes.

THE TREATMENT OF PLEURISY

Is by leeches, cupping, or bleeding from the arm according to the severity of the attack and strength of the patient; alteratives, sedatives, purgatives, and saline diaphoretics; hot fomentations, blisters, warm and soothing plasters or embrocations. If the treatment is not prompt and decisive in sharp cases the inflammation soon extends to the lungs; or there is effusion, adhesion, and chronic mischief.

THE

PRESCRIPTIONS OF MEDICINES

Advised in the Course of this Work.

ABBREVIATIONS.— Carb., carbonate: co., compound: dec., decoction: dil., diluted: dr., drachm: ext., extract: gr., grain: inf., infusion: oz., ounce: tr. tincture.

MIXTURES.

1. Tartarized antimony, 2 grs.; sulphate of soda, $\frac{1}{2}$ oz.; distilled water, 6 ozs. One-fourth a dose.

2. Tartarized antimony, 2 grs.; acetate of potass, 1 dr.; Battley's sedative, 40 drops; distilled water 6 ozs. One-fourth a dose.

3. Mendererus's spirit; camphor julep, 4 ozs.; sweet nitre, 2 drs; Battley's sedative, 1 dr. One-fourth a dose.

4. Carb. of ammonia and citric acid, 1 dr. of each; sweet nitre, 2 drs.; paregoric elixir, 3 drs.; dill water, 5 ozs. One-fourth a dose.

5. *Sal volatile*, 2 drs.; camphor julep, $\frac{1}{2}$ pint.

A quarter a dose.

6. Tartarized soda, 2 drs.; sal volatile, 1 dr.; Water, $\frac{1}{4}$ pint. A quarter a dose.

7. Co. dec. of broom, 8 ozs.; sweet nitre, 2 drs.; acetate of potass, 2 drs. Diuretic. In senile cough. A sixth three times a-day.

8. Inf. of cloves, 8 ozs.; carb. of potass, 1 dr.; tartarized soda, 1 dr. One-sixth twice or three times a-day.

8A. Inf. of calombo, 8 ozs.; acacia gum, $\frac{1}{2}$ oz.; trisnitrate of bismuth, 20 grs. One-sixth twice a-day.

9. Muriatic acid, 12 drops; tr. of orange, $\frac{1}{2}$ oz.; Water, $\frac{1}{2}$ pint. One-sixth three times a-day.

10. Dil. sulphuric acid, 1 dr.; camphor julep, $\frac{1}{2}$ pint; tr. of lavender, 1 dr. One-sixth, twice or three times a-day.

11. Dec. of yellow Peruvian bark, 8 ozs.; tr. of orange peel, 2 drs.; Muriatic acid, 12 drops; (or $\frac{1}{2}$ dr. of carb of ammonia instead of the acid.) One-sixth twice or three times a day.

12. Quinine, 20 grs.; dil. sulphuric acid, 1 dr.; cinnamon water, 8 ozs. One-sixth twice a-day.

13. Bi-carb. of ammonia, $\frac{1}{2}$ dr.; camphor julep, 8 ozs.; æther 2 drs. One-sixth occasionally.

14. Inf. of orange, 4 ozs.; camphor julep, 4 ozs.; bi-carb. of ammonia, $\frac{1}{2}$ dr.; Battley's essence of Peruvian bark, 1 dr. One-sixth a dose.

15. Dec. of Peruvian bark, 7 ozs.; sulphate of magnesia, 2 drs.; Mendererus's spirit, 1 oz.; chloric æther, 1 dr. One-sixth three times a-day.

16. Mendererus's spirit, 2 ozs. ; sweet nitre, 2 drs. ; ipecacuan wine, 1 dr. ; tr. of squills, 2 drs. ; camphor julep, 6 ozs. ; paregoric elixir, $\frac{1}{2}$ oz. One-sixth twice or three times a-day.

17. Dec. of Senega, 6 ozs ; tr. of squills, 2 drs. ; Mendererus's spirit, 2 ozs. ; paregoric elixir, $\frac{1}{2}$ oz. One-sixth twice a-day.

17A. Quinine, 10 grs. ; dil. sulphuric acid, 1 dr. ; Battley's sedative, 40 drops ; tr. of lavender, 1 dr. ; inf. of calombo, 8 ozs. One-sixth twice or three times a-day.

18. Tr. of the muriate of iron, 1 dr. ; quinine, 10 grs. ; spirit of nutmeg, 2 drs. ; water, 8 ozs. One-sixth twice or three times a-day.

18A. Acacia gum powder, $\frac{1}{2}$ oz. ; tr. of guaiacum, 1 dr. ; dil. nitric acid, 1 dr. ; quinine, 10 grs. ; laudanum, 20 drops ; water, 8 ozs. One-sixth three times a-day.

19. Citrate of iron, $\frac{1}{2}$ dr. ; comp. inf. of orange peel, 8 ozs. One-sixth twice or three times a-day.

20. Bicarb. of potass, 1 dr. ; citric acid, 1 dr. ; carb. of ammonia, $\frac{1}{2}$ dr. ; dill water, 8 ozs. One-sixth every six hours.

21. Mendererus's spirit, 2 ozs. ; sweet nitre, 2 drs. ; tartarized antimony, 1 gr. ; dill water, 8 ozs. One-sixth every six hours.

22. Mucilage of acacia gum, 2 ozs. ; tr. of conium, 2 drs. ; syrup of white poppy, $\frac{1}{2}$ oz. ; camphor julep, 4 ozs. A dessert spoonful when the cough is troublesome.

23. Mucilage of Tragacanth, 1 oz. ; paregoric elixir, $\frac{1}{2}$ oz. ; syrup of toluat, $\frac{1}{2}$ oz. ; dill water, 5 ozs. To be taken as 22.

23A. Battley's sedative, 1 dr. ; sal volatile, 1 dr. ; camphor julep, 4 ozs. A dessert spoonful when the cough is troublesome.

24. Battley's sedative, 40 drops ; mucilage of acacia gum, $\frac{1}{2}$ oz. ; sal volatile, 1 dr. ; water, 6 ozs. A dessert-spoonful when the cough is troublesome.

25. Sulphate of soda, 2 drs. ; tr. of orange, 2 drs. ; water, 8 ozs. One-sixth twice or three times a-day.

26. Carb. of potass, 1 dr. ; liquorice root, 2 drs. ; lemon peel, 2 drs. ; hot water, 8ozs. A spoonful occasionally for cough. In gout and acidity.

27. Ammoniated tr. of guaiacum, 6 drs. ; dec. of Peruvian bark, 8 ozs. A sixth in cough with debility and rheumatism.

28. Ipecacuan wine, antimonial wine, syrup of squills, of each, 2 drs. ; ext. of conium, 20 grs. ; dill water, 1 oz. Two tablespoonsful to promote expectoration.

29. Citrate of potass, 2 drs. ; carb. of ammonia, 20 grs. ; ext. of conium, $\frac{1}{2}$ dr. syrup of toluat, $\frac{1}{2}$ oz. ; water, 6 ozs. A tablespoonful every two or four hours.

30. Tr. of cardamoms, 1 dr. ; Battley's sedative, 15 drops ; (or tr. of lobelia, 10 drops ;) sal volatile and chloric æther, of each, 15 drops ; dill water, 10 drs. Antispasmodic draught for asthma.

31. Camphor julep, 10 drs. ; æther, $\frac{1}{2}$ dr. ; tr. of

lavender, $\frac{1}{2}$ dr.; sal volatile, 20 drops. Antispasmodic draught for asthma.

32. Tr. of lobelia, 2 drs.; chloric æther, 2 drs.; tr. of orange, $\frac{1}{2}$ oz.; nitric acid, 12 drops; quinine, 1 scr.; water, 8 ozs.; One-sixth a dose.

33. The same as 32, but with 3 drs. of essence of bark instead of the quinine.

34. Quinine, 5 grs.; sulphate of soda, $\frac{1}{2}$ dr.; dil. sulphuric acid, 10 drops; syrup of orange, 3 drs.; water 4 ozs. A tablespoonful three times a-day.

35. Ipecacuan and antimonial wine, of each, 1 dr.; dill water, 2 drs. Emetic.

36. Tartarized soda, 1 dr.; ext. of conium, 20 grs.; dill water 2 ozs. Two teaspoonsful every four hours.

37. Antimonial wine, ipecacuan wine, syrup of squills, 2 drs. of each; ext. of conium, 20 grs.; dill water, 1 oz.

38. Citrate of potass, $\frac{1}{2}$ dr.; carb. of ammonia, 20 grs.; ext. of conium, 30 grs.; syrup of tolu, $\frac{1}{2}$ oz.; dill water, 8 ozs. A dessertspoonful every four or six hours.

39. Citrate of potass, $\frac{1}{2}$ oz.; sal volatile, 1 dr.; tartarized antimony, 1 gr.; water 6 ozs.

PILLS AND POWDERS.

40. Calomel, 2 grs.; James's powder, 2 grs.; opium, $\frac{1}{4}$ gr. A powder.

40A. Calomel and James's powder, 2 grs. of each. A powder.

41. Co-ext. of colocynth, 2 grs. ; blue pill, 2 grs. ; ipecacuan, $\frac{1}{4}$ gr. A pill.

42. Watery ext. of aloes and henbane, $1\frac{1}{2}$ grs. of each. A pill.

Watery ext. of aloes, $1\frac{1}{2}$ grs. ; conium powder, $1\frac{1}{2}$ grs. of each. A powder.

43. Co-ext. of colocynth, 2 grs. ; ext. of henbane, 2 grs. A pill.

Jalap, 4 grs ; (or Rhubarb, 8 grs. ;) conium powder, 2 grs. A powder.

44. Calomel 2 grs. ; co-ext. of colocynth, 2 grs. ; James's powder, 1 gr. A pill.

46. Calomel, jalap, and James's powder, 2 grs. ; of each. A powder.

47. Calomel, 1 gr. ; co-ext. of colocynth, 3 grs. A pill.

48. Ginger, squill, ext. of poppy, conium and lettuce, 1 gr. of each. A cough pill.

APERIENT DRAUGHTS.

50. Inf. of Senna, 1 oz. ; epsom salts, 2 drs. ; co-tr. of lavender, 20 drops.

51. Dec. of bark, 1 oz. ; Inf. of senna, $\frac{1}{2}$ oz. ; sulphate of soda, 2 drs. ; tr. of lavender 20 drops.

52. Glauber's salts, 2 drs. ; co. inf. of orange and senna, $\frac{1}{2}$ oz. each.

53. Beaume de vie, 1 oz. ; inf. of senna, $\frac{1}{2}$ oz.

GARGLES.

60. Nitre, 1 dr. ; borax, 1 dr. ; 8 ozs of thin barley water.

61. Nitre, 1 dr. ; nitric acid, 12 drops ; barley water, $\frac{1}{2}$ pint.

62. Co. inf of roses, $\frac{1}{2}$ pint ; tr. of catechu, 2 drs.

63. Nitrate of silver, 20 grains ; nitric acid, 20 drops ; distilled water, 2 ozs.

64. Nitre, 20 grs. ; nitric acid 20 drops ; water, 2 ozs.

65. Iodine, 5 grs. ; Iodide of potassium, 20 grs. ; proof spirit, 2 drs ; water, 6 drs.

66. Boiling water, 1 quart ; poppy heads, 3, chamomiles, $\frac{1}{2}$ oz. Medicated vapour for inhaling.

EMBROCATIONS.

70. Co. camphor liniment.

71. Sweet oil, 1 oz. ; spirit of hartshorn, $\frac{1}{2}$ oz.

72. Acetic acid, 1 oz. ; Spanish fly vinegar, 30 drops ; eau de cologne, 2 drs.

73. Iodine, 2 scruples ; Iodide of potassium, 20 grs. ; rectified spirit, 1 oz. ; water, $\frac{1}{2}$ dr. Use half this strength for a child, or very irritable skin. Apply with a camel's hair bush. As the irritation increases considerably after it begins, and, if too freely applied, goes on to a painful burning sensation, be careful in its use. For an adult, two coats are usually sufficient,

and take effect generally within an hour, if not sooner. Intolerable burning may be allayed by cold water or sweet oil. This application must not be repeated whilst the skin remains red and tender, or cracked and irritable.

74. Co. Iodine ointment, 1 oz. ; opium 1 dr.

The best medicines for little children, under five or six years of age, suffering from common or epidemic catarrh, are, a dose of castor oil, or medicine similar to prescriptions 50 or 52 ; followed by two three, or four teaspoonsful of saline with ammonia, as, 6, 20, 29. When there is much febrile excitement, a grain of calomel and James's powder should be taken before the castor oil, and antimony added to the saline, as in No. 1, 31.

Most of the above prescriptions are suited to children above six years, by reducing the dose to one half or two-thirds ; except those written especially for children, as in croup, spasmodic or acute.

A formula for a powder is annexed to that of each pill, for those who cannot take the latter.

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